

Title: Torbay Inter-agency Carers Strategy 2021-2024

Wards Affected: All

To: Health & Wellbeing Board **On:** 18th March 2021

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1. Purpose

1.1 Torbay has an inter-agency strategy for unpaid Carers, which runs every three years.

1.2 Progress is monitored by an inter-agency Carers Strategy Steering Group, which includes representatives of the statutory sector, voluntary sector, and Carers themselves, including Young Adult Carers (aged 16-25). Progress is published quarterly on Torbay and South Devon NHS Foundation Trust's (TSDFT) website.¹

1.2 The 2021-2024 Strategy brings together extensive pan-Devon work on a Commitment to Carers which the Sustainability and Transformation Partnership signed off in October 2019², with targeted evaluations of what works for Carers, and strategy consultation with Carers which was undertaken by **Healthwatch**³.

1.3 It is written in the context of the significant impact that COVID-19 has had, both on increasing numbers of unpaid Carers and on the detrimental impact of caring, when many support services have been closed or limited. It is in draft format as the NICE standards for Carers of Adults will be launched on March 25th, but the existing NICE guidelines have already been incorporated.

2. Recommendation

2.1 To approve the attached draft Carers Strategy 2021-2024

3. Supporting Information

3.1 At the 2011 Census, Torbay recorded 16,107 Carers out of a population of 130,959. We expect the 2021 Census to show significantly more Carers than the 16,600 that would be predicted solely from an increasing population.

¹ <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/strategy-policy-and-quality/>

² <https://www.togetherfordevon.uk/priorities/carers/>

³ **To be added**

3.2 Carers UK estimated that COVID had increased unpaid caring by 50%⁴. Whilst that will reduce again as lockdown is relaxed, many people who were self-caring before the pandemic, have deteriorated both physically and mentally due to the restrictions, and so rely on unpaid Carers more than previously.

3.3 The wellbeing of Carers across the country had already been decreasing for a number of years, and here in Torbay a significantly greater proportion of Carers provide care for more than 100 hours per week than the UK average (52.3% compared to 38.7%)⁵ with the associated impact on their health and wellbeing.

3.4 It is therefore critical to identify Carers at the earliest opportunity and to link them into support in order to prevent Carer breakdown. Carers Services have always been based in Carers' own communities – in GP practices since 1990, and in drop-in centres with voluntary sector partners in each town since 2010. They are therefore already fully embedded within the developments for Adult Social Care such as Community Led Support, the 'new front door' and partnership working.

3.5 Building upon the success of the NHSE-funded 'Mind the Gap' project, work will continue to develop relationships with and support to Carers from Black, Asian, Minority Ethnic and Refugee / Asylum Seeker Communities.

4. Relationship to Joint Strategic Needs Assessment (JSNA)

4.1 As announced last week, caring is about to be added to Public Health England's list of wider determinants of health inequalities, as Carers' health and wellbeing outcomes are worse than their peers due to their caring role.

4.2 Developing Well: More children provide levels of unpaid care and support in Torbay - 3.2% compared with 2.5% nationally⁶. As negative impacts of caring are potentially lifelong, early identification within schools and by whole family working across health and social care is critical to reduce the impact on young Carers' academic attainment, health and wellbeing.

4.3 Torbay was the first authority in the UK to have a combined Carers under 25 Strategy in 2013. With the transfer of Young Carers Service to the Youth Trust just before the pandemic, Torbay Council, TSDFT and the Youth Trust have just refreshed the Memorandum of Understanding for Young Carers. Work has also started on developing a new detailed strategy for this age-group, although the higher-level targets will remain in the overarching Carers Strategy attached.

4.3 Living and Working Well: Torbay has a higher than average number of working age Carers - 15.9% compared to 13.7% nationally⁷ and we know that people under-identify themselves as Carers. Juggling caring with working has been an

⁴ <https://www.carersweek.org/media-and-updates/item/493439-covid-19-pandemic-4-5-million-become-unpaid-carers-in-a-matter-of-weeks#:~:text=New%20figures%20released%20for%20Carers,the%20total%20to%2013.6%20million.>

⁵ Personal Social Services Survey of Adult Carers in England 2018-19

⁶ 2018 – 2020 Joint Strategic Needs Assessment for Torbay page 30

⁷ 2018 – 2020 Joint Strategic Needs Assessment for Torbay page 36

increasing challenge during COVID, and many people's employment has also been affected. The Strategy will enable work to continue in supporting Carers' employment, employability and access to benefits / financial advice, whilst promoting organisations to become Carer Friendly Employers.

4.4 Ageing and Dying Well: Torbay's age profile means that there is a significant number of Carers of older people but also that many Carers themselves are older, with their own health conditions which are often exacerbated by their caring role.

5. Relationship to Joint Health and Wellbeing Strategy

5.1 Carer Support spreads across all areas of the above Strategy. The high incidence of certain conditions and alcohol misuse in Torbay, means that in promoting early intervention, prevention and self-care with those people, there is an opportunity to also promote it with their Carers.

5.2 Make Every Contact Count and Lifestyles support are an inherent part of a Carer's Assessment and support, and programmes such as HOPE (Help Overcoming Problems Effectively) are embedded in the Carer's offer. Carers Services including Young Carers and Young Adult Carers Services are involved in the discussions about multi-complex needs support and the Community Mental Health Framework. Partnership working is also evident through the links with the Ageing Well programme and digital inclusion work.

6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy

6.1 It would be helpful if Carers Services could be involved in conversations during the development of the next iterations of these documents, in order to ensure a joined-up approach.

Appendices

Appendix 1: Draft Torbay Carers Strategy

Background Papers:

The following documents/files were used to compile this report:

Healthwatch Report – not yet published

<https://www.carersweek.org/media-and-updates/item/493439-covid-19-pandemic-4-5-million-become-unpaid-carers-in-a-matter-of-weeks#:~:text=New%20figures%20released%20for%20Carers,the%20total%20to%2013.6%20million.>

Personal Social Services Survey of Adult Carers in England 2018-19

2018 – 2020 Joint Strategic Needs Assessment for Torbay

Torbay Joint Health and Wellbeing Strategy 2018 – 2022